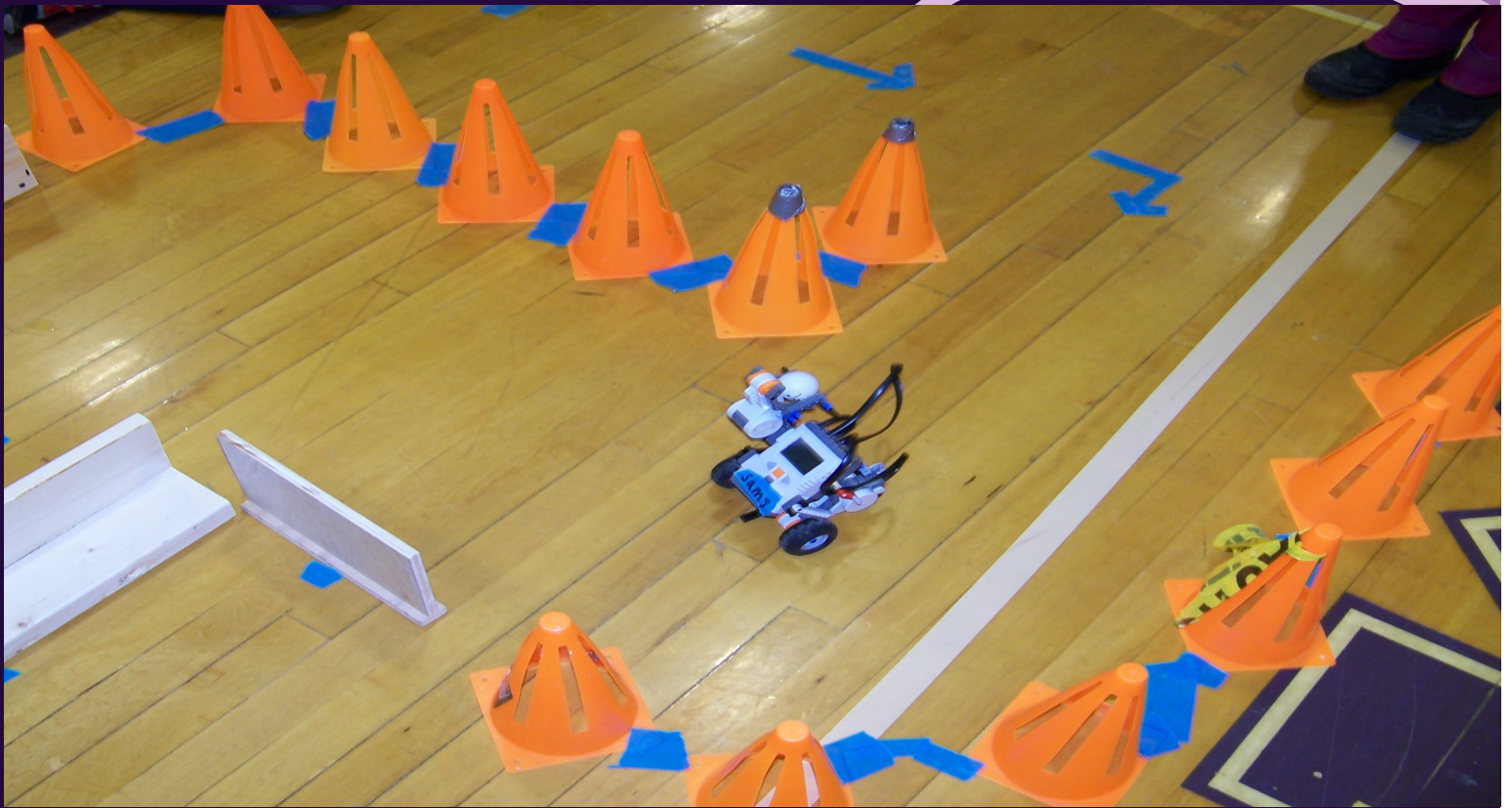




Hampden Recreation Program Guide Summer 2015



Hampden

MAINE

The Community of Choice in Central Maine

www.hampdenmaine.gov





Contact Information

Town of Hampden

Department of Recreation

106 Western Avenue (Mailing)

Hampden, ME 04444

Skehan Recreation Center

1 Main Road North (Physical)

Phone: 207-862-6451

Fax: 207-862-5067

Email: recreation@hampdenmaine.gov

Website: www.hampdenmaine.gov

Staff

Shelley Abbott, Recreation Director

Jill McLaughlin, Asst. Rec. Director

Keep In Touch With Us...



Department Policies and Miscellaneous Program Information

Where Do I Find Out About Programs?

Program Guides are available online at www.hampdenmaine.gov, for print at home. Links are also available on Facebook. Program guides will no longer be mailed to all residents in the 04444 zip code. Program guides are available for pick up at the Skehan Recreation Center.

How Do I Register?

Complete the included program registration form, include any program fees, and either mail in or drop off at the Skehan Recreation Center.

Hampden Recreation Department 106 Western Avenue, Hampden, ME 04444

Skehan Recreation Center, 1 Main Road North, Hampden, ME 04444

After You Have Registered

Consider yourself and/or your children enrolled in the program of your choice when you send in the completed registration form and payment. Some programs may have limited enrollment and may fill. In such cases, the office will notify you and ask if you want to be put on a waiting list. Individuals we are unable to accommodate will receive a refund in full.

Payment Policy

Payment is expected in full at the time of registration. Payments are accepted in cash and check only. Please make checks payable to the *Town of Hampden*.

Participants who have an outstanding balance will not be allowed to participate in the current session or future sessions until the balance is paid in full.

Late Registration Policy

Late Registrations will only be accepted on a space available basis. Registrations received after the program deadline will be charged an additional \$10.00 per program participant. Please enclose the late fee with your registration payment. Participants will not be registered until this fee has been paid.

Registrations received after published program deadlines will not be guaranteed a tee-shirt (where applicable).

Returned Check Fee

The Town of Hampden has a returned check fee of \$20.00. This fee must be paid in cash. All future registration fees for programs must be paid in cash.

Department Policies and Miscellaneous Program Information

Late Pick Up Policy and Charges

Program participants should be picked up promptly at the scheduled ending time for the program in which they are enrolled. Please be conscious of this and respect the private time of our staff, most of whom have other jobs to get to, or personal matters to take care of. Each participant picked up late will be charged \$10.00 per fifteen minutes or fraction thereof.

Refund Policy

Refunds will be paid in full if a request is made one week prior to the first day of the program. For requests received less than one week prior to the first week of programming, refunds will be issued for the program cost minus a \$5.00 administrative fee, unless otherwise noted. No refunds will be issued after the first week of programming. Any individual dismissed from a program will not be entitled to any refunds. Refunds are not issued due to participants not knowing the start date of the program.

Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations, and fees are subject to change.



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Commitment and Vision

*We are dedicated to serving
our participants...*

We strive for excellence.

We work with integrity.

*As An Essential Service,
We Make Hampden Happier!*



Adult Programs

Reshaping Retirement

Ongoing

Mon., Wed., Fri. | 8-9 A

>Skehan Recreation Center

Resident \$1 | Non-Resident \$1

Drop in program. Coed senior fitness class instructed by Physical Therapist, Dana Tardif, with focus on strength and balance at your own pace. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

Yoga

June 23-August 18*

Tuesday | 7:30-8:30 A

>Skehan Recreation Center

*No class on 7/21

Resident \$80 | Non-Resident \$85

Come for summer fun with 8 weeks of vinyasa flow yoga, a centering beginner to intermediate practice that works up a bit of sweat. Practice is led by Jen Fiske, who believes that everyone can benefit from yoga! Minimum enrollment 8/ maximum 12. If enrollment is met we will offer a drop in rate of \$12 per class.

>Deadline to Register 6/16

Coed Adult Slow Pitch Softball-Team Entry

July 6- September 3

Mon. or Wed. (one game per week)

6, 7:15 or 8:30 P Game Start Times

>Ballfield Road Softball Field

Team Fee \$350.00

Recreational slow pitch coed play in a fun atmosphere. There will be a non-results based tournament during the last week of play, which may mean a varied schedule. League rules available with registration form. Game schedules will be mailed on July 1, 2015. Maximum of 11 teams accepted on a first paid basis. Teams must provide their own bats and first aid kit.

>Deadline to Register 6/25

Coed Adult Slow Pitch Softball-Individual Entry

July 7-August 27

Mon. or Wed. (one game per week)

6, 7:15 or 8:30 P Game Start Times

>Ballfield Road Softball Field

Resident \$35 | Non-Resident \$40

Recreational slow pitch coed play in a fun atmosphere. There will be a non-results based tournament during the last week of play, which may mean a varied schedule. League rules available with registration form. Game schedules will be mailed on July 1, 2014. Individuals registering will be placed on the RECERS team.

>Deadline to Register 6/25

Hampden 8.5 Mile Road Race

June 21 |Sunday| 8:30 A-Race Time

Registration/Check In 7:30 A

>Weatherbee School

Pre Registration \$10

Race Day Registration \$12

Family Registration \$25(same household)

Join us on Father's Day for this wonderful road race. Time Splits and water available at 2 mile, 4 mile, and 6 mile. Restrooms available at the start/finish line at the Weatherbee School. Awards will be given for Top Male and Female Finisher. Specific registration form available at the Skehan Recreation Center.

A

dult Programs

Line Dancing with Chris

Ongoing*

Tuesday | 9-11 A | Intermediate Class

*No class on 7/7 & 7/14

>Skehan Recreation Center

Resident \$6 | Non-Resident \$6

Drop In program. This is a coed class. Fee is per person, per day. Participants are asked to wear dance shoes, sneakers, or bowling shoes. Please complete a registration form to be filed for emergency purposes.

Pickle Ball

Ongoing*

Monday | 5:30-7:30 P

Wednesday | 9:15-10:30 A

Friday | 9:15-10:30 A (starts June 26th)

*No class on 7/8, & 7/15

>Skehan Recreation Center

Drop in Fee \$2 per person/per day

Pickle ball is a paddle sport which combines elements of badminton, tennis and table tennis. Come in and learn how to play this fun new sport.

C

amp Programs

Kid's Kamp Grade 1-6

June 22-August 14 |

Monday-Friday | 7:30 A-5:30 P

>Reeds Brook Middle School

Week Resident \$140 | Week NR \$160

Weekly day camp program, with daily activity themes. Please register on Kamp specific form. Sign up soon as spots are filling fast.

>Deadline to Register until full

Tennis Camp-Grades 3-5

August 10-14

Monday-Friday | 8:30-10:00 A

Resident \$40 | Non-Resident \$45

>Hampden Academy Tennis Courts

Come learn the game of tennis with HA varsity tennis coach Tyler Ross. Basic technique and game fundamentals will be taught during this camp. Minimum enrollment 4/ maximum 16.

>Deadline to Register 7/31

Tennis Camp-Grades 6-8

August 10-14

Monday-Friday | 10:00– 11:30 A

Resident \$40 | Non-Resident \$45

>Hampden Academy Tennis Courts

Come learn the game of tennis with HA varsity tennis coach Tyler Ross. Basic technique and game fundamentals will be taught during this camp. Minimum enrollment 4/ maximum 16.

>Deadline to Register 7/31

Camp Programs

Girls Basketball Clinics with Carl Parker— Grades 3-8

July 6-9

Grades 3-5 | Monday-Thursday | 10 A-12 P

Grades 6-8 | Monday-Thursday | 12-2 P

>Skehan Recreation Center

Fee: \$25 per session or \$75 for all 4 (\$25 deposit required for registration)

Carl Parker one of Maine's finest basketball minds will be running this basketball clinic focusing on not just the physical aspects of the game, but understanding it as well. Maximum enrollment is 25 per session so sign up early to get a spot. **To register simply email Mark Leclerc at eclerck@aol.com**

Boys Basketball Clinics with Carl Parker— Grades 3-8

July 13-16

Grades 3-5 | Monday-Thursday | 10 A-12 P

Grades 6-8 | Monday-Thursday | 12-2 P

>Skehan Recreation Center

Fee: \$25 per session or \$75 for all 4 (\$25 deposit required for registration)

Carl Parker one of Maine's finest basketball minds will be running this basketball clinic focusing on not just the physical aspects of the game, but understanding it as well. Maximum enrollment is 25 per session so sign up early to get a spot. **To register simply email Mark Leclerc at eclerck@aol.com**

email Mark Leclerc at eclerck@aol.com

Bronco Soccer Camp- Grades K-2

June 22-26

Monday-Friday | 9 A-12 P (Half Day)

Monday-Friday | 9 A- 4 P (Full Day)

>RSU 22 Upper Soccer Field

**Half Day Resident Week Fee \$85.00/
\$95.00 Non-Resident**

**Full Day Resident Week Fee \$150.00/
\$160.00 Non-Resident**

Week long soccer day camp full of skills, drills, and game time. Instruction provided by Bronco Travel soccer coaches. Camp specific form available at the Skehan Recreation Center.

>Deadline to Register 5/22

Bronco Soccer Camp- Grades 3-9

June 22-26

Monday- Friday | 9 A-4 P

>RSU 22 Upper Soccer Field

**Resident Week Fee \$150.00/ \$160.00
Non-Resident**

Week long soccer day camp full of skills, drills, and game time. Instruction provided by Bronco Travel soccer coaches. Extended care provided by Hampden Recreation. Camp specific form available at the Skehan Recreation Center.

>Deadline to Register 5/22

Camps

HA Girls Basketball Camp-Grades 3-8

July 13-16

Monday-Thursday | 5-7:30 P

Week Fee \$75

>Hampden Academy Gym

This 4 evening basketball camp will help players of various skill levels develop and improve while understanding the techniques of the game. Instruction provided by HA athletes and qualified coaches. Camp tee shirt available. THIS IS A PROGRAM OF HAMPDEN ACADEMY. REGISTRATION IS THROUGH THEM ONLY. REGISTRATION FORMS ARE AVAILABLE AT THE SKEHAN CENTER.

HA Boys Basketball Camp-Grades 3-8

July 6-9

Monday-Thursday | 9 A-3 P

Week Fee \$100

>Hampden Academy Gym

Week long basketball day camp full of skills, drills, and game time. Instruction provided by HA athletes and qualified coaches. Camp tee shirt and individual player evaluation provided. THIS IS A PROGRAM OF HAMPDEN ACADEMY. REGISTRATION IS THROUGH THEM ONLY. REGISTRATION FORMS

ARE AVAILABLE AT THE SKEHAN CENTER.

Bronco Youth Football- Grades 3-6

August 10, 11, 12

Monday-Wednesday | 5-7 P

>Hampden Academy Turf Field

\$35.00 3 day| \$15.00 per day

Non contact camp stressing the fundamentals of football. Sign up for this program will be held at the field the first night (Aug. 10), from 4:30-5:00 PM. For more information, please contact Heath Miller at 745-2195 or greenvillefarm@hotmail.com. Coaching provided by HA Bronco Varsity Players, HA Coaches, and Bronco Youth Football Coaches.

Other Information: Bronco Youth Football is a full contact youth travel football program and will be starting practices for the 2015 season in August. Participants will be grouped by grade (grade 3/4 and 5/6). Registration and Equipment Issue will be held August 13, 5-7 P, on the practice field behind the Skehan Recreation Center.. Fee for the fall season is \$125.00, second sibling is \$75.00. Watch for further information forthcoming.

Field Hockey Camp- Grades 3-8

July 6-10

Monday-Friday

Grades 3-5 | 9-11am

Grades 6-8 | 1-4 P

Week Fee TBA

>Hampden Academy Turf

Instruction provided by HA athletes and qualified coaches. THIS IS A PROGRAM OF HAMPDEN ACADEMY. REGISTRATION IS THROUGH THEM ONLY. MORE INFORMATION WILL BE GOING OUT THROUGH THE SCHOOLS.



Youth Programs

Baseball Skills Clinic- Grades 3-8

July 28, August 4 & 11

Tuesday| 5:00-6:30 P

>Reeds Brooks Softball Field

Resident \$30| Non-Resident \$35

A chance to work on your baseball skills. Participants should bring a glove, bat and a water bottle. Minimum enrollment 6/maximum enrollment 16, so sign up soon!

>**Deadline to Register 7/17**

Zumba Kids-Ages 4-12

July 7– August 18

Tuesday| 5:30-6:30 P

>Skehan Recreation Center

Resident \$35| Non-Resident \$40

Come join Andrea White as she brings Zumba Kids to Hampden. Zumba Kids features kid-friendly routines based on original zumba choreography. She will break down the steps, add games, activities and cultural exploration elements into a class structure. Minimum enrollment 10/maximum enrollment 25.

>**Deadline to Register 6/30**

3 vs. 3 Basketball Tournament-Grades 5-8

July 11

Saturday| Games start at 9 A

>Skehan Recreation Center

Team fee \$30

Double elimination tournament using regular scoring rules. Each game is played to 20 points and team must win by 2. Awards will be given to winning team in each gender. Minimum of 4 teams /Maximum of 8 teams.

>**Deadline to Register 7/1**

3 vs. 3 Basketball Tournament-Grades 9- Adults

July 18

Saturday| Games start at 9 A

>Skehan Recreation Center

Team fee \$30

Double elimination tournament using regular scoring rules. Each game is played to 20 points and team must win by 2. Awards will be given to winning team in each gender. Minimum of 4 teams/ Maximum of 8 teams.

>**Deadline to Register 7/8**

Summer Open Gym

June 24-August 13

Tuesday & Thursday| 3-6:30 P

>Skehan Recreation Center

Resident \$2| Non-Resident \$2

Drop in program. COED. Shoot around or bring some friends for a game. Some equipment will be available for use. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

MRPA Track and Field Regional Meet

July 7

Tuesday| TBA

>Cameron Stadium, Bangor

Children may participate in(1) field event and two (2) running events and the relay OR two (2) field events and one(1) running event and the relay. The top four finishers in each event and each age group and gender at the regionals will qualify for the State meet. For more information please call Tim Baude at 992-4490.



outh Programs

Craft Club– Grades K-2

July 2-July 30

Thursday| 9-10 A

>Skehan Recreation Center

Resident \$35|Non-Resident \$40

Enjoy some craft time with Bonnie Quesnel. Do kid-friendly crafts that are sure to please. Minimum enrollment 6/Maximum enrollment 16.

>Deadline to Register 6/16

Craft Club– Grades 3-5

July 2-July 30

Thursday| 10:15-11:15 A

>Skehan Recreation Center

Resident \$35|Non-Resident \$40

Enjoy some craft time with Bonnie Quesnel. Do kid-friendly crafts that are sure to please. Minimum enrollment 6/Maximum enrollment 16.

>Deadline to Register 6/16

Little Stars Sports Sampler-Age 3-4

Session 1|August 17-20

Monday– Thursday| 4:30-5:15 P

Session 2|August 24-27

Monday– Thursday| 4:30-5:15 P

>Skehan Recreation Center

Resident \$35|Non-Resident \$40

This program offers the chance for socialization and sampling of sports activities. Parents must remain onsite during this program. This class is limited to 8 students and tends to fill quickly! Sign up early!

>Deadline to Register 8/7

Helping Kids Stay Home Alone-going in to Grades 4-6

August 19

Wednesday| 2:30-5 P

>Skehan Recreation Center

Resident \$15|Non-Resident \$20

This one day class will help prepare your child for staying home alone. A minimum of 6 is required to run this program.

>Deadline to Register 8/12

S

pecial Events

Portland Sea Dogs Trip- Grades 5-8

Monday, July 13

**Please be at the Skehan Rec. Center
by 7:15am**

Bus returns around 5:30-6pm

>Skehan Recreation Center

Resident \$40|Non-Resident \$45

Take part in a trip to watch the Portland Sea Dogs Baseball team take on the New Hampshire Fisher Cats. This trip includes transportation, ticket, and all you can eat from the concession stand one hour before the game starts until one hour after the game begins. Don't miss this awesome deal! Only 13 spots so sign up early! **No late registrations.**

>Deadline to Register 6/16

Aquaboggin Trip-Grades 5-8

Thursday, August 13

**Please be at the Skehan Rec. Center
by 7:15am**

Bus returns around 5-5:30pm

>Skehan Recreation Center

Resident \$40|Non-Resident \$45

Come enjoy a day in the sun with some fun at Aquaboggin water park. This trip includes transportation, and a general pass ticket. All participants should either bring money or a bag lunch along with their swimsuits, towel and sunscreen. Don't miss this awesome deal! We need a minimum of 8 participants to run this trip. Only 20 spots so sign up early! **No late registrations.**

>Deadline to Register 8/5

Hampden 1 Mile Fun Run

June 21

Sunday| 10:45 A-Race Time (approx.)

|Registration/Check In 10 A

>Weatherbee School

Pre Registration\$10

Race Day Registration \$12

Family Registration \$25(same household)

Join us on Father's Day for this wonderful fun run. Course will circle around RSU 22 grounds. Hand timed event, to encourage the sport of running for fun! Restrooms available at the start/finish line at the Weatherbee School. Program specific registration form available at Skehan Recreation Center.

Teen Nights-going in to Grades 6-10

August 21-Hermon Rec.

September 18- Hampden Rec.

October 23- Bangor Rec.

Friday| 7-10 P

>Skehan Recreation Center

Resident \$15|Non-Resident \$20

Come to a fun, safe environment with your friends to hang out, play games, have pizza and snack and much more! Responsible for your own transportation to each location. Minimum of 20 kids between 3 departments to run.

**>Deadline to Register 8/19, 9/16,
10/21**

36th Annual-Hampden Children's Day

August 15, 2015

Volunteers Needed!!

Donate your time the day of the event or for the following day clean up. We can use help for a few hours or the whole day!

Food Service Workers

Parade Line Up Help

Information Booth

Event Day Trash Detail

Clean Up Sunday -8 AM

Entertainment/Activity Helpers

THEME: TBA

Festivities include a parade, entertainment, fireworks, and food. Plan to join us for this wonderful community event!

RSU #22-Weatherbee School Complex



KIDS KORNER REGISTRATION DAY (Hampden Residents Only)

FALL 2015-2016 SCHOOL YEAR

MARK YOUR CALENDAR!

Please plan to attend, as spots fill very fast!

When: Sunday, June 7, 2015

Where: Skehan Recreation Center

Time: Registrations will begin being accepted at 9 AM.



*Registration Forms for Fall 2015-2016 will be available at the
Skehan Recreation Center and Online beginning May 23, 2014*

Registrations will be accepted on a first come basis. No preference will be given to past children involved. Registrations are for the 2014-2015 school year only. Registrations will be on a walk in basis only.

No phone or fax registration accepted.

Registration forms will continue to be accepted during normal office hours beginning Monday, June 8, 2015, for any remaining spots or waiting list spots.

Enrollment Available for the 2015-2016

Morning Program; McGraw School, 7-8:45 AM, 25 Spots Available, Grades K-2

Morning Program; Weatherbee School, 7-8:45 AM, 25 Spots Available, Grades 3-5

Afternoon Program; McGraw School, 3-6 PM, 30 Spots Available, Grades K-2

Afternoon Program, Weatherbee School, 3-6 PM, 30 Spots Available, Grades 3-5

A \$25.00 Deposit Per Child Will Be Required To Register For And Hold A Spot (including waiting list). This payment will be applied to the first week of school balance. Payment by check is preferred with checks post dated for July 1st, 2015.

Is The Weather Bad?

Wondering If A Program Is Cancelled?

Skehan Center Building Closure: This facility will be closed when school is MSAD 22/RSU 22 is cancelled.

Other weather cancellations are made by 3 PM on the day of a scheduled weekday program, and by 8 AM for weekend programs.

Log on to the town website at www.hampdenmaine.gov

Look under town departments, recreation, and program cancellation notice.

If you do not have internet access, call the Hampden Recreation Department at 862-6451. Cancellation announcements will also be left on the office answering machine.

Should the need arise to cancel due to a non-weather event or poor field conditions; we will contact team coaches who should contact their team.

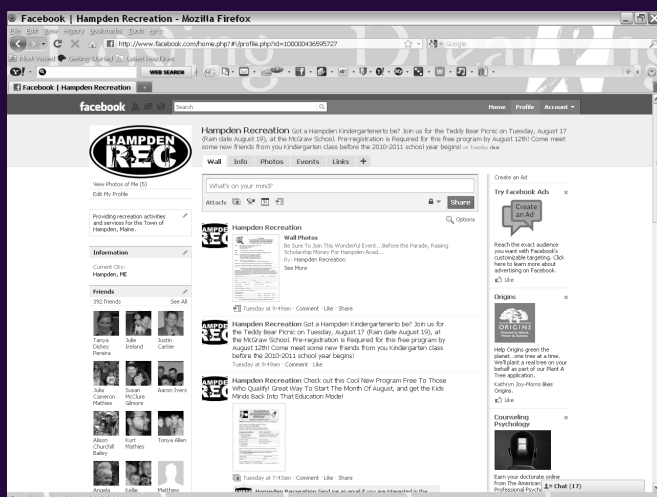


www.hampdenmaine.gov



Find Us On Facebook!

Search Hampden Recreation On Facebook



Weather Cancellations

Registration Deadline Reminders

New Program Information

Program Reminders

Program Guide Links

Hampden Recreation Participant Registration Form

106 Western Avenue, Hampden, ME 04444 (Mailing) | 1 Main Road North (Physical) | 207-862-6451

Participants Name (First Name, Last Name)	Gender	Grade	D.O.B.	Age	Program Registering For	Program Fee

Session Registering For? ☐ Fall ☐ Winter I ☐ Winter II ☐ Spring ☐ Summer

Volunteer Coach A Team? ☐ Yes ☐ No Assist A Team? ☐ Yes ☐ No

Email Address: _____ Cell Phone: _____

Mailing Address: _____ Home Phone: _____

Parent Name: _____ Work Phone #: _____

Parent Name: _____ Work Phone #: _____

Should we be unable to contact you in the event of an emergency, please list the name and contact number of another responsible adult we may contact.

Emergency Contact: _____ Emergency #: _____

Family Physician Name: _____ Physician #: _____

Any Allergies/Medical/Behavioral Challenges: _____

Photography Permission-Participants in Hampden Recreation programs may occasionally be photographed or videoed for future publicity. **Unrestricted usage:** I give unrestricted permission for my child's image to be used in print, video, and digital media. I agree that these images may be used by for a variety of purposes and that these images may be used without further notifying me. I do understand that the child's last name will not be used in conjunction with any video or digital images.

☐ No Parent Initials: _____

Waiver For Participation-Participation in this activity may involve risk of injury or death. As a parent, guardian, or participant I am aware of these hazards and my/(my child's) ability to participate. In registering for participation in the program(s) listed above, I hereby waive and release all rights and claims against the Town of Hampden, its officers, employees, agents, volunteers and supervisors from all losses, injury, damages, fees and other expenses arising out of, or in connection with participation in the above registered activity. In addition, I give my consent for the Hampden Recreation Department and staff to act in my place in all respects should the need arise during the course of this activity or related travel. This shall include but not be limited to obtaining medical care.

Parent/Guardian Signature: _____ Date: _____

For Office Use Only: Amount Paid: _____ / Cash/Check #: _____ / Date: _____



Funtown/Splashtown Big Combo Pass

(48" and taller)

\$27 each (savings of \$9)



Aquaboggan General Admission Pass \$15 each

(savings of \$5)

**Discount Pre-Buy Passes available
for purchase at the Skehan Center!**

Passes are good for the 2015 season only. All Sales Are Final~No Exchanges or Refunds.

Tickets on sale June 15, 2015 and sales End September 4, 2015 (or Until Sold Out).

Cash or Checks Only.

Announcements!

Skehan Recreation Center | 862-6451

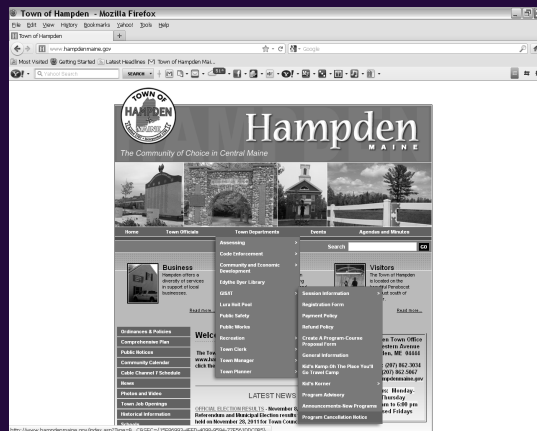
Email-recreation@hampdenmaine.gov

Recreation Department Office Hours: Monday-Friday 7 AM-4 PM

Our office is now located at the Skehan Recreation Center. You can find this building at 1 Main Road North in Hampden. Enter from the front of the building. This space was formally the "new gym" at the former Hampden Academy.

The Skehan Recreation Center hours will vary depending on the season and programming offered. This facility will be closed when SAD 22/RSU 22 school is cancelled for a snow day.

Our program guides are now exclusively online. We have begun using the Constant Contact program for email blasts regarding our services. If you would like to be added to our email list, just drop us an email and we will gladly add you! If you do not have internet access, copies of our program guide and various individual program flyers can be picked up at the Skehan Recreation Center.



www.hampdenmaine.gov



Town of Hampden
Recreation Department

106 Western Avenue
Hampden, ME 04444



Email us to add your name to our email list and start receiving
email blasts via Constant Contact today!